



BOWNESS
COMMUNITY ASSOCIATION

**Bowness Holiday
Dinner & Craft Fair**
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Amid Change**
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BOWEST'NER

Newsletter of the Bowness Community Association

NOVEMBER / DECEMBER 2024

Bowness Lions

Celebrating 75 Years in the Community



Service Projects Include

Fundraising Casinos • Raffles • Christmas Tree Sales
and our friendly 'Grill Team' who share
pancakes, hamburgers, and a helping hand

Contributions of money and time support the
Bowness Community Association, RISE, Bowness
Seniors, Scouts/Guides, schools, families and our
annual Bowness Stampede Breakfast and Parade.



JOIN AS A MEMBER OR VOLUNTEER

Text/phone President Daryl Reinke 780-608-9884 or
dweinke@gmail.com

MEETINGS

7:00pm on 2nd & 4th Mondays from September to June
Scout & Lions Hall 8551 Bowness Road NW



BOWNESS MONTGOMERY LAW OFFICE

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Calgary, AB Canada T3B 0H3

Tel: 403.571.7755 Fax: 403.571.7759

Lawyer1@telus.net | www.BMLaw.net

Call to speak with *Anthony Merah *Amina Muhammad *Nazeef Muhummad *Saghir Mehar (Student-at-Law)
*Colleen Hustad (Legal Assistant) *Amy Gardner (Legal Assistant)
Kerry McClelland (Retired)



BOWNESS

COMMUNITY ASSOCIATION

ADDRESS

7904 - 43 Avenue NW
Calgary, AB T3B 4P9

CONTACT

403-288-8300
iheartbowness@mybowness.com

WEBSITE

www.mybowness.com

SOCIAL MEDIA

@MyBowness

OFFICE HOURS

Monday to Thursday
9:00 AM to 4:00 PM

Friday
9:00 AM to 12:00 PM

HOLIDAY OFFICE CLOSURE

Noon Dec 24 - 9:00 AM Jan 2

VISIT MYBOWNESS.COM FOR
UPDATES AND HOLIDAY HOURS.

THE LANDING

Daytime Drop-In
Monday - Friday
9:00 AM - 5:00 PM

Food and Beverage Service

Monday - Friday
5:00 - 10:00 PM
Saturdays and Sundays Closed
Contact: thelanding@mybowness.com

We acknowledge the neighbourhood of Bowness is located on the traditional territories of the Blackfoot Confederacy and is also home of Métis Nation of Alberta Districts 5 and 6. As residents of the Treaty 7 region, we seek to live, work and play in ways that honour and respect the spirit of the treaties and the lives of our Indigenous neighbours.

STAFF DIRECTORY

OFFICE MANAGER

Becky Saunders
bsaunders@mybowness.com

RENTALS & BOOKINGS

Anna Draper
roomrentals@mybowness.com

EVENTS & VOLUNTEERS

Erin Bacon
ebacon@mybowness.com

COMMUNITY DEVELOPMENT

Abby Vadeboncoeur
communityhub@mybowness.com

COMMUNICATIONS

Logan Renaud
lrenaud@mybowness.com

PLANNING & DEVELOPMENT

Logan McEachern
planning@mybowness.com

ACCOUNTING

Deb Hall
accounting@mybowness.com

FACILITY LEADS

Nadine Gauthier and VACANT
facilities@mybowness.com

THE LANDING

Will Bird

BOARD OF DIRECTORS

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Molly MacRae
mmacrae@mybowness.com

PRESIDENT

Mieke Coppes
president@mybowness.com

VICE PRESIDENT AND DIRECTOR, HR

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DIRECTOR, COMMUNITY GARDEN

Jennifer Loewen

DIRECTOR AT LARGE

Harvey Matchullis

ON
THE
COVER

Skaters enjoying the ice trails at
Bowness Park

BOWEST'NER
NOVEMBER / DECEMBER 2024

The Bowest'ner is a bi-monthly newsletter published by the Bowness Community Association (BCA).

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EDITOR
Logan Renaud

DESIGNER
Jessica Clark

CONTRIBUTORS
Beverley Sheridan, Collin Budd, Gideon Mentie, Harvey Matchullis, Kathy Labbee, Sophie Stocking

PROOFREADERS
Abby Vadeboncoeur, Anne Campbell, Erin Bacon, Linda MacRae, Marg Scott, Pat Cooper

CIRCULATION
The Bowest'ner is distributed to over 6,000 households and businesses in Bowness. Additional copies can be found at the Bowness Community Association.

DELIVERY ISSUES?
Contact editor@mybowness.com

ADVERTISE
Contact editor@mybowness.com

CONTRIBUTE
Have an idea for a content submission? Get in touch with editor@mybowness.com for volunteer opportunities on the BCA Communications Committee.

LETTER FROM THE EDITOR

Hello Bowness,

The first snowfall of the year is starting to come down as I write this, and this winter season will mark my 2 year anniversary here at the BCA. In this short time, I've had the privilege of meeting so many passionate volunteers, local business owners, community leaders, and residents — both new and old. Each one of you brings a unique perspective on our shared community and the many things that make it so great. And, each one of you shows your care for the community through the creative and committed ways you show up for your neighbors and help make Bowness even better. And while there will always be changes to adapt to and new challenges to face, it is the people who are here that make me excited for the future of our community.

And while it's getting colder and darker outside, we at the BCA hope you can find some warmth and light this winter by connecting with your community. Keep on reading for all of the ways you can get involved in an activity or group here at the BCA, or for information on one of our many upcoming events. The Holiday Dinner in particular is a neighborhood highlight, and an incredible way to meet your neighbors over a free meal, or give back to the community as a volunteer. With that, I want to wish you an early Happy Holidays on behalf of the staff and volunteers at the BCA. Thanks for reading the Bowest'ner, and thanks for being a part of what makes Bowness so great!

Logan

E-NEWSLETTER

Sign up at mybowness.com (or scan the QR code below) to receive our monthly email newsletter and stay up to date on all the happenings at the BCA



BCA HAPPENINGS & ACTIVITIES

ALL LISTED EVENTS AND ACTIVITIES TAKE PLACE AT THE
BOWNESS COMMUNITY ASSOCIATION
(7904 43 AVE NW)
VISIT MYBOWNESS.COM FOR MORE DETAILS

BOWNESS COMMUNITY ASSOCIATION ANNUAL GENERAL MEETING (AGM)

WEDNESDAY, NOV. 6 | 7:00 PM - 9:00 PM

Meet and elect the leadership team of the Bowness Community Association, learn about our work in the community this past year, and hear us unveil our newly adopted Mission, Vision, and Values.

While the AGM is open to the public, voters must have had an active BCA membership at least 30 days prior to the AGM date.

Learn about the board nomination process at www.mybowness.com/team

BCA ARTS – CRAFTY COMMUNITY CENTERPIECES

SATURDAY, NOV. 9 & NOV. 23 | 2:00 PM - 4:00 PM

Join Bownesians Brenda Ault and Rose Aston to make collage-style centerpieces that showcase community events and activities. These centerpieces will decorate the tables at the BCA Holiday Dinner!

RSVP required. Register starting on October 30 at mybowness.com/events or by calling us at 403-288-8300 during our office hours.

REMEMBRANCE DAY

MONDAY, NOV. 11 | DOORS AT 10:00 AM | CEREMONY AT 10:45 AM

The Royal Canadian Legion Branch #238 Bowness is hosting its annual Remembrance Day Service on November 11 at the Bowness Community Association (7904 43 Ave NW). Doors open at 10:00am, ceremony begins at 10:45.

Please contact the Legion at (403) 247-1234 for any questions about this event.

BOWNESS HOLIDAY CRAFT FAIR

SATURDAY & SUNDAY, NOV. 16 & 17 | 10:00 AM - 3:00 PM

The annual Bowness Holiday Craft Fair features local artists, makers, and creative entrepreneurs, many of whom live right here in Bowness! Support your neighbours and find the perfect gifts for your friends and family. Admission is free!

Vendor applications for this year's craft fair are now closed.

BITS & BITES – HOLIDAY DINNER COOKIE BAKING

SATURDAY, NOV. 23 | 2:00 - 4:00 PM

Come learn an easy sugar cookie recipe and then unleash your creativity to decorate them! Participants will take a few of their cookies home with them, and the rest will be served at the Holiday Dinner!

RSVP required. Register after November 1 at mybowness.com/events or by calling us at 403-288-8300 during our office hours.

INDIGENOUS COMMUNITY EVENT – SEVEN SACRED TEACHINGS

SATURDAY, NOV. 30 | 10:00 AM - 2:00 PM

Residents are invited to this family-friendly event where we will learn from Indigenous Knowledge Keeper Tim Mintuck about the Seven Sacred Teachings: love, respect, honesty, courage, truth, wisdom, and humility. We are also honoured to have Elder Blair Thomas joining this event.

This event will also have drumming, a light lunch, and colouring activities for children.

RSVP required. Register after November 1 at mybowness.com/events or by calling us at 403-288-8300 during our office hours.

BCA HOLIDAY DINNER

DECEMBER 7 | 6 PM

Each year, hundreds of Bownesians come together to spend time with their neighbors over a delicious turkey dinner. A large team of volunteers works to prepare this feast for everyone to enjoy. This year's event will include live music, a Santa photobooth, arts & crafts, and plenty of holiday cheer and community connection. This event is free to attend, but a ticket is required.

Claim your ticket starting on November 12 at 9am by calling us at 403-288-8300, or by dropping by in person during our office hours at 7904 43 Ave NW.

Volunteers are needed! Contact Erin at volunteer@mybowness.com or visit www.mybowness.com/volunteer to find out how you can play a part.

You can also donate directly toward the cost of this event at www.mybowness.com/donate

SUBMISSIONS FOR THE JAN/FEB ISSUE ARE DUE:

NOVEMBER 30, 2024

ripples community building grant

Make a splash! Residents of Bowness, Greenwood Village, and Montgomery can receive up to \$1000 to put toward a community building idea. Learn more and apply for a Ripples Community Building Grant at mybowness.com/ripples

BCA ARTS

Visit mybowness.com/arts/ and follow us on Social Media for the latest updates about free ARTS programming at the BCA and for information on applying as an artist.

SHINNY, PUBLIC SKATE, AND STICK AND PUCK

VARIOUS TIMES

Free Public Skate Thursdays | 12:00-1:30pm | Helmets required for skaters under 18.

Free Stick and Puck Fridays | 12:00-1:00pm | Helmets required

\$10 Shinny Mondays & Wednesdays | 12:00-1:30pm | 18+ | Drop-in, cash or card at the door (goalies play free)

FACILITY RENTALS

Did you know, the BCA facilities are available for rent with discounts for BCA members? Visit mybowness.com to learn more about renting the rink, the hall and courts, and our commercially licensed kitchen.

VOLUNTEER

Visit mybowness.com for current one-off and ongoing volunteer opportunities at the BCA.

PLANNING & DEVELOPMENT

Ever wondered how you can make your voice heard to the City when it comes to planning, development, and rezoning applications? Visit mybowness.com/planning-developmen and learn how to give your feedback to the City. You can also see details on the monthly public meetings of the BCA Planning and Development Committee, as well as information about joining as a regular member of the committee.

We regularly update this webpage with information on upcoming 3rd party info sessions and engagement processes with The City and with developers.

PICKLEBALL AT THE BCA

Pickleball court bookings are currently available by waitlist only at www.mybowness.com/sports-and-recreation

Immediate play opportunities at the BCA are available through Pickleball Connect: www.pickleballconnect.ca

THE LANDING

The Landing on the 2nd floor of the BCA is a happening place! We can’t wait to see you upstairs at 7904 43 Ave NW (elevator accessible).

DAYTIME COFFEE AND TEA

MONDAY - FRIDAY

Stop by The Landing at the BCA weekdays (M-F) from 9-5pm to enjoy this drop-in public space. Help yourself to wifi, tables, pay-what-you-want coffee and tea (or bring your own food and refreshments), plus a toy box for the kids!

EVENING FOOD AND DRINKS

Then join us from 5-10 pm every Monday to Friday for pub bites and a fully licenced beverage menu. Check mybowness.com/the-landing for current hours and latest updates.

BOOK CLUB

LAST WEDNESDAY OF THE MONTH | 7:00 - 9:00 PM

Anyone and everyone is welcome to join the Book Club — just come to the Landing at 7pm on the last Wednesday of the month. Send your questions and book suggestions to bownessbookclub@gmail.com This Fall’s books are listed below.

October 30 - Night Travellers by Armando Lucas Correa

November 27 - #1 Ladies Detective Agency by Alexander McCall Smith



STITCHERS

TUESDAYS | 6:00 - 8:30PM

Calling all stitchers and crafters! Join this casual community meetup for crocheters, knitters, weavers, embroiderers, felters, needle-punchers, spinners, menders and more.

Stitchers is now meeting on Tuesday evenings, running weekly from Nov. 5 - June 24 (no meetup on December 24 or 31).

Drop in anytime between 6: 00-8: 30pm at the The Landing upstairs at the BCA (elevator accessible). All ages, all crafts and all abilities welcome!

Expert crafter hosts: If you would like to host a Stitchers meet-up, help teach the basics, and provide support and assistance to beginners, please contact bsaunders@mybowness.com to volunteer!

ELEVENSES COFFEE CLUB

THURSDAYS | 11AM - 12PM

Join in on some coffee, tea, snacks and good ol’ conversation every Thursday at 11 am upstairs in The Landing at the BCA (elevator is available). There’s free wifi, a toy box, puzzles and games. Come for a chat and community connection. Everyone of all ages is welcome.

FAMILY GAME NIGHT

FIRST AND LAST FRIDAY | 6:00 PM - 9:00 PM

Help yourself to our shelf of games, or bring your own to share with a neighbour! Hosted on the first and last Friday of every month unless otherwise noted.

BOWNESS ACUPUNCTURE

• back & neck pain • migraines
 • TMJ disorder • arthritis
 • chronic fatigue • sleep
 • GERD/reflux • IBS

Dr. Alex Judd, RAc.

Direct billing & free consults available

403-988-3929
www.bownessacupuncture.ca

AEC CONSTRUCTION

Home renovations and repairs

Chris Sargent Ph. 403-880-5546
www.aecconstructionltd.ca

St. Edmunds Foodbank Outreach Association
ANNUAL FUNDRAISING CHRISTMAS TEA & SALE

Saturday, November 30
 11 a.m. to 2 p.m.

Enjoy a sandwich lunch, tea/coffee and dessert
 ADMISSION: Adults \$7
 Children \$3

Please join us at the
BOWNESS SCOUT HALL
 8551 BOWNESS ROAD N.W.
Everyone Welcome!



MOON DAISY HOLISTIC
CASSANDRA JONAS

REGISTERED MASSAGE THERAPIST
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- BREATHE BETTER 60 minutes

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BOWNESS SOAPWORKS

THE STUDIO IS OPEN!

Pottery and Soap Making Workshops



Learn how to make pottery with Bowness' very own potter Melba Seto! After 8 years of detours, her private studio is now open for groups and individual workshops.



www.BownessSoapworks.com

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825-540-1503
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118 Bowness Center NW






Interested in Joining the Board of Directors?

Step 1: Renew Membership

Ensure you have valid BCA membership. Renew or purchase your membership at mybowness.com/membership. Familiarize yourself with the vision, mission and values of the association.

Step 2: Join a Committee

Have you been on a committee of the association for a minimum of one year? This is a requirement of prospective members. Email volunteer@mybowness.com to learn more!

Step 3: Submit Letter of Intent

Submit a letter of intent or email, along with a current resume, indicating why you want to serve your community through the board of directors. Send it to boardofdirectors@mybowness.com.

Step 4: Attend Interview

Attend an interview with the Nominating Committee. Be prepared to share relevant skills and expertise.

Step 5: Attend Board Meeting

Those who pass the interview process are invited to attend a board meeting as a guest to meet other members and confirm interest.

Step 6: Attend the Annual General Meeting

Those who wish to stand for nomination attend the AGM to be formally elected to the new slate of directors for a two-year term. BCA membership must vote on the slate as presented by the nominating committee.

Step 7: Background Check

All newly nominated board members must complete a criminal background and vulnerable sector check.

Step 8: Onboarding

Attend the first board meeting after the AGM where new members will be onboarded and positions for the coming terms will be selected.

Why Join?

Give back to your community by sharing your expertise and professional experience.
Have a say in important governance issues and decision-making.
Grow your skills and gain knowledge of community associations and non-profits.
Deepen your community connections.

QUESTIONS? EMAIL BOARDOFDIRECTORS@MYBOWNESS.COM

The Bowness Community Association aims to be an equitable organization, and our goal is for our board of directors to reflect the diversity within our community. Should you require any accommodations for this process, please let us know.

This version of the application process was approved and adopted by the BCA Board in August 2023.

COMMUNITY NEWS

Ward 1 Update – Councillor Sonya Sharp

Hello, Bowness!

First off, I wanted to extend a huge thank you to the residents of Bowness and those who were impacted by the recent Bearspaw South Feeder Main repairs on 33 rd Ave NW. Your patience, resiliency and dedication to your community never ceases to amaze me. My team and I were so grateful for your support and cooperation during such a challenging time. You pulled through, like you always do, Bowness! Thank you, again!

November brings important discussions at City Hall including budget deliberations where I'll continue to advocate for smart spending and prioritizing strong infrastructure. And as winter approaches, you can stay informed about the new Winter Maintenance Policy to ensure safe streets and prepare for the season's challenges.

Also, as we enter the holiday season, remember to support our local businesses, and help our neighbours with snow shovelling; these small acts of kindness can make a big difference!

Upcoming Budget Discussions

I understand the challenges Calgarians continue to face and am dedicated to reducing the financial burden on our community. With the City of Calgary's annual budget deliberations approaching, I will

continue to focus on funding for essential services while working to avoid any tax increases.

Please email ward01@calgary.ca with any concerns or questions - your feedback is always welcome! You can also follow along with the discussions on my social media channels or the Ward 1 monthly newsletter.

Winter Maintenance Policy

In May 2024, Council adopted a new Winter Maintenance Policy (CP2024-06) to improve service delivery and ensure that Calgarians can travel safely and reliably throughout the winter months, whether by foot, bike, vehicle, or transit.

A key change includes a priority-based snow clearing system:

- Priority 1 Routes (major roads) cleared within 24 hours.
- Priority 2 Routes (secondary roads) within 36 hours.
- Priority 3 Routes (residential streets) within 36 hours to 7 days, depending on conditions.

As a reminder, residents are responsible for clearing snow and ice from sidewalks next to their property within 24 hours of snowfall. The policy also includes Snow Route Parking Bans, which may last up to 72 hours to support efficient snow removal. Stay informed on updates regarding parking bans and snow removal by visiting calgary.ca/snow or call 311.

Stay safe and warm this winter!

St. Edmunds Foodbank Outreach Association

Join us on Saturday, November 30 from 11am - 2pm for our annual Christmas tea and fundraiser sale at the Bowness Scout Hall (8551 Bowness Road NW). Enjoy a sandwich lunch, coffee or tea, and dessert! Admission is \$7 for adults, and \$3 for kids.

Foothills United Church Christmas Services & Thrift Sales

Foothills United Church (3803 69 Street NW) will be holding a special Christmas Thrift and Clothing Sale on Saturday, November 16 from 10am to 3pm. Come and shop gently used Christmas décor, giftware, and clothing in three areas of the Church. Another sale will be held on Thursday, November 21 from 1pm to 6pm with more Christmas items as well as our regular thrift and clothing items. There will not be a sale in December.

A service of Hope and Light will be held on Sunday December 15th at 3pm. Our Christmas Eve service will be held on December 24th at 7 pm, and there will be no church service on Christmas Day.

For more information, please call the church office at 403-288-5632.

Seniors' Crib Club at the Bowness Legion

Join us every Tuesday at 10am for Crib Club at the Bowness Legion (doors open at 9:30). One-on-one play (no partners). \$3 to play, 24c skunk, 50/50 draws. Very friendly atmosphere - all are welcome. 138 Bowness Center NW. See you there!

Royal Canadian Legion #238

Remembrance Day

Remembrance Day Ceremony at
The Bowness Community Hall.
Doors Open at 10am.
Ceremony starts at 10:45 am
Followed at the Bowness RCL Branch #238.
One Member & One Guest ONLY
Open to the Public: After 4pm.

Fall Entertainment

Nov 1st - Whiskey Chicks
Nov 8th - Side Winder
Nov 15th - Sway Back
Dec 13th - Smooth Edge
Every 4th Friday,
Karaoke With Scotty

New Years Celebration with 3 Piece Suit Dec 31st.

Weekly Saturday Jam with
3 Piece Suit 2pm-5pm
Seniors Jam Thursdays 1pm-3pm
Open To the Public. Kids Welcome until 5pm

Lucky Draws

Daily
@ 6pm

50/50 + Meat Draws
Fridays 5-7pm
Saturdays 4-6pm

The Bowness Ratepayers Present:



The 169 Bowmont Scouts Annual Christmas Tree Sales

- Nova Scotia Balsam Firs & BC Firs available
- Various Sizes/Prices
- Sales projected start Nov 23, 2024 and continue while supplies last

ALL PROCEEDS STAY IN BOWNESS!

The Bowness Scout & Lions Hall
is rebranding back to its original historic name:

The Bowness Ratepayers Scout & Guide Hall!

'A place for community connection'

Nov 20th & Dec 18th, 2024
Seniors Card Bingo
2PM start
\$5 Drop-in Entry
Prizes! Prizes! Prizes!

November 9 & 10th
10AM-5PM
Fall Craft Market
Come get a head start on some holiday shopping!

Double Elimination Style
Cornhole Tournament
Friday Dec 6, 2024 @ 2PM
\$20 a team (doubles)
All Ages Welcome!
Register online or call 403-464-7818

Dec 7 & 8
Public Christmas Event
Details TBA

Holiday Puzzle Building Competition
December 23, 2024 @ Noon
Register as a single or double
\$25 entry and you keep the puzzle!
Prizes awarded in each category!

For more information visit Bownesshall.com!

COMMUNITY NEWS

BOWNESS RESPONSIBLE FLOOD MITIGATION SOCIETY (BRFM)

In late September the Alberta government announced the Bow River Reservoir Options Initiative (BRRO) will move forward with further exploration of the Relocated Ghost Dam option. The next step is the engineering and regulatory phase.

Earlier this fall, Riverfest YYC celebrated the Bow in Hextall Park. Indigenous and City representatives, as well as artists and other groups from Bowness and Montgomery gathered to entertain and inform. Hextall Park looked and sounded vibrant — children played, neighbours talked, speeches were made, the grass was tidy. The river flowed by, serenely carrying rafts of happy people.

Many in attendance were new to the neighbourhood, or too young to remember that just 11 years ago, the park was under 2 metres of brown water and a canoe was required to cross.

Time flows by and memories of 2013 have eroded; memories of lost homes and treasures, of trauma and suffering. But not all memories are bad. A particularly good memory is how strangers showed up voluntarily, helping when needed the most. However, the erosion of memories does not help prevent the next inevitable flood.

The BRFM advocates for upstream mitigation to reduce the chance of such a tragedy happening again. By restricting the flow of the Bow to less than 800 cubic meters per second when controlling upstream reservoirs during a flood, much suffering and financial hardship can be avoided. BRFM continues to pursue this mission.

On a final note, Jean Woeller, the long serving and hard working founding member of BRFM has stepped down from her position as Chairperson of the Board, and is planning on remaining on the Board as a Member at Large. Jean has been truly remarkable in her passion for the cause and her dedication to standing up for the protection of our community. There are simply not enough words to capture the extent of our gratitude towards Jean. The Board looks forward to working with Jean's successor, Margo Pagonis.

The Bowness Community Association (BCA) supports equitable flood protection for all Calgary neighbourhoods in the river valley. We maintain a neutral position on specific flood mitigation options and encourage all Bownesians to do their research in this area. As we do with all matters of planning and development, we encourage residents to seek out reputable information on project proposals and make their voices heard to the City of Calgary.



**The Place
STEAKHOUSE**

Paul Sipos
Owner

theplacrestaurant@yahoo.ca
theplacrestaurant.ca

403-288-7608
Mobile 403-383-1825

6308 Bowness Road NW
Calgary, Alberta T3B 0E5

Muscle Doc Massage Therapy

J. Marshall R.M.T.
Massage Therapist

TEXT works best!
Text/Call: (587) 433-8599
MuscleDocMT@gmail.com
7536 Bowness Rd NW

I ♥ BOWNESS



I ♥ MAINSTREET BOWNESS



BREWSMITH



MIKEY'S JUKE JOINT



THE PLACE STEAKHOUSE



LEOPOLD'S TAVERN



SALT AND PEPPER



TIM HORTONS



CHICKEN OMNIBUS



CADENCE COFFEE



COME ON DOWN TO YOUR HISTORIC MAINSTREET

Did you know, Mainstreet Bowness is the smallest BIA in Calgary but we have the most FREE PARKING!

Follow us on Instagram @mainstreet.bowness.bia or check out our website www.mainstreetbowness.com for upcoming events on Mainstreet!



Seniors' Brunch



FOOD WEEK RECAP



Foodraiser Picnic



Food has an amazing ability to bring people together, and we experienced this first hand during our second annual Neighbourhood Food Week this past September! With 10 community events and over 500 participants, we couldn't have done it without the dedication of dozens of volunteers and community partners!



Nancy McHugh – Food Week Planning Committee Member



Food Fair Bake-off



Panel Discussion & Community Meal

MAINSTREET BOWNESS AND BUSINESS FEATURES

Small businesses in Bowness faced many unexpected challenges this spring and fall due to the water main break and subsequent repairs affecting the community. BCA Volunteer Sophie Stocking spoke with Jacqui Esler of the Main Street Bowness Business Improvement Area, as well as Harvey Ballo from Barberista, and Drew O’Neil from The Fiery Heart Tattoos (located inside the barber shop!) This holiday shopping season, we at the BCA hope to see you getting out and supporting local Bowness businesses!



and are the backbone of our economy. We have a huge variety on the strip — you can get a coffee, buy a bike, get your hair cut, take an art class, go to yoga, get your teeth done, get a massage, get your eyes checked, go to the library, buy superfoods, play a board game, and eat a pizza! We’re like a one stop shop. We’re quirky, but we’re cool!

Can you talk about the highlights and challenges over the last year? How did the new Superstore affect business on the strip?
I think it’s kept more people in the community, versus going elsewhere for groceries. And despite some of the chains coming into the new box store area, it’s been ok. I think we’re lucky that Bowness has such a strong main street history. We became a small town in ‘64, and we’ve maintained that identity. And love it or hate it, development is actually a benefit to Main Street, because it brings more people who bring their business. It also improves safety in terms of having more eyes on the street. It does bring traffic and parking challenges, but the people who move here and start businesses give back to the community in so many ways.

What are some of the wins that have happened for Main Street in the last year?
I think what I saw was a liveliness come back to Main Street that’s been gone since the pandemic. That was a rough go for everybody, but we’re seeing new businesses coming into the strip. The deals were getting done last year, and they’re finally starting up now. Opening soon is Brew Smith Brewing, Bow West Dental, and Mikey’s Juke Joint — a live music venue! They’ll be in the old hotel where Hexter’s used to be with live music seven days a week! With those garage door windows open to the street it’s going to be so fun.

The Tour de Bowness went off beautifully this year!

I think it was one of our best! This year we used a microgrant from the City to highlight young entrepreneurs. We called them the Bowness Biz Kids and they had a chance to showcase their products — everything from fine art and jewelry to crochet and dog beds!

JACQUI ESLER– DIRECTOR OF MAINSTREET BOWNESS BIA

I’m excited to talk to you today! Could you explain what you do, for people who don’t know you?
I am the executive director of the Main Street Bowness Business Improvement Area. I really understand the challenges of business owners because I was a small business owner for twenty years at The Fire Escape Ceramics Studio. I think small businesses foster community

Another exciting development is our new Tiny Galleries. An artist couple, Mike and Jamie Bowen started their Teeny Tiny Art Galleries project. We have eight of them along the three block strip. Mike built them, and then they outsource the artists they display. The art rotates every two months. We wanted to make art feel accessible. Sometimes art galleries and museums can be quite daunting for people, so we wanted to bring art literally, to the street.

Christmas is on its way, is there anything you’d like to say?
We’ll have all sorts of fun stuff going on, so stay tuned and keep your eye on the Mainstreet BIA social media pages. And as always, I want to encourage people to shop local. If we don’t have local businesses, one day you will see an empty street. We don’t want an empty downtown core of Bowness — we want to keep it thriving! This is a place to meet your neighbours and where we can create gathering places.

HARVEY BALLO – BARBERISTA

It’s so nice to meet you Harvey. Did I hear you say you spoke four different languages?
Yes, I am from Iraq — I speak Arabic, Turkish, and Aramaic. It’s a very old Christian language, it’s what Jesus spoke.

That’s so interesting! How long have you been in Canada and when did you open Barberista?
I’ve been in Canada for six years and we opened on March 4th earlier this year.

Congratulations! It’s a beautiful looking barber shop and you have a foosball table! It looks like a fun experience.
Thank you! When I came to Canada, I worked in shops in malls and strip malls. But in Iraq, barber shops are traditionally on the street, and I prefer that. There’s a lot more traffic with people just passing by shopping. It is great to have a shop right on a main street like this.

How long have you cut hair?
I started ten years ago. I’d been doing my own hair, and a little for friends and my brother. My cousin wanted me to come to Calgary and work in his shop, so I decided I’d get some experience. So, I walked into a shop in Turkey that was advertising, and the owner said I could start with 50% commission. I said, “but I’m not a barber!” He said, “don’t worry about it, just start!”

Wow! So, you just learned on the job. How long until you felt comfortable?
It was pretty stressful and hard at the start, but I got really comfortable after about three years.

And now it’s been ten years, so I bet you can cut hair in your sleep! What can you tell people about the services you offer here?
We do a very high quality haircut, and also a neck shave after every haircut. We include a hot towel on the face with a neck massage, then a blow dry, and a style with product. We also do hot shaves, and head shaves, as well as hair colouring. And we do waxing, threading, and facials.

Do ladies come in to get their eyebrows done?
Yes, a lot of them! I have a very good review on the wall. Also, we are working on getting our liquor licence so that you can have a beverage from Brew Smith when it opens, so it will be a very relaxing experience altogether.

How do you like Bowness? Do you feel welcome?
Bowness is amazing! I love how there’s always something different happening, like a car show, or a festival, or the trick or treating on Mainstreet. I like it a lot! I like to be involved and I hope to stay for a long time.





DREW O’NEIL – THE FIERY HEART TATTOOS (LOCATED INSIDE BARBERISTA)

I’m talking to Drew O’Neil, Barberista’s resident tattoo artist. You even have your own separate office! How long have you been tattooing?
I do! I’ve been tattooing for about 25 years, on and off.

That’s a long time! Out of curiosity, how does one start in the tattoo business?
It kind of came gradually. I was really good at art when I was young. In grade seven, me and a couple kids from the school division in Winnipeg got sent to the art gallery for lessons which opened some doors for me. It was the ‘90’s and tattoos were just starting to be cool. My friends knew I could draw, and they wanted me to give them tattoos, so that’s how it started. I gradually got better, until I could work at a shop. From there I went through an apprenticeship.

Would you recommend it as a career choice?
If you love it! Any career choice needs to be something you love to do. But it’s not easy starting in a city from scratch. I’m not from Calgary, but if you’ve got the drive and passion for it, it will come.

What kinds of purposes do you see tattoos serving for people?
It depends on the person. There are tattoos to commemorate somebody, or an event. Sometimes they just love the look of something. They can even help people cover up scars.

I would think your very first tattoo would have been be quite stressful, much more so than giving your first haircut!
Actually, it wasn’t! I catch on really quickly. I can paint, do charcoals, watercolours... you name it. But there’s no money in art! This is something that pays, and I love it. I love putting a piece of my art on people and having them be happy.

If someone was going to get their first tattoo, what would you want them to know? Is it painful?
It can be. It’s like a cat scratch, and it depends on the area of the body. Women are way better at handling the pain than guys are!

Anything not to do?
Definitely don’t get a significant other’s name tattooed on you! No names unless they’re your child or your pet!

BY COLLIN BUDD

Collin Budd is new to Bowness, and has been getting to know the ins and outs of the neighbourhood by Geocaching around Bowness with his family. What is Geocaching? Read on to learn all about this free family-friendly outdoor activity!

“DAD I’M TRYING TO WRITE MY NAME, BUT THERE’S DOG POO EVERYWHERE!”

That’s not a line you often hear while walking through Bowness Park (or anywhere, for that matter!) But last weekend, I found myself trying to explain myself and my teenager to some passers by out for a stroll. In truth, we were Geocaching, and the dog poo was just a tolerable obstacle on our quest to find as many caches as possible.

Urban geocaching has brought the art of treasure hunting away from remote hiking trails and into our bustling cityscapes - breathing new life into everyday places. Once the hobby of extreme trail cowboys and fitness enthusiasts, Geocaching has crept into the urban corridor making it accessible to everyone.

So how exactly can urban geocaching in Bowness get you outside this winter to uncover the hidden corners of our neighbourhood? For those of you new to this hobby, let’s dive in to how a cell phone (and some SPF lotion) can help you see our community in a whole new light.





Geocaching is a modern-day treasure-hunting game that combines outdoor adventure with technology, offering participants the rush of searching for hidden objects or “caches” using GPS coordinates. The game is simple in concept, but highly engaging in practice — players use a GPS device or free smartphone app to navigate to a specific set of coordinates in search of a special container hidden by the geocaching community.

These containers, known as “geocaches,” can vary in size, from tiny capsules known as “microcaches” to larger boxes that can hold trinkets, toys, or even trackable items that travel from cache to cache around the world. Each cache typically contains a logbook where the geocacher can sign their name and date of discovery, marking their accomplishment. The thrill lies not only in finding the hidden cache but also in the journey. This often involves solving puzzles, following clues, or navigating challenging terrain.

Geocaching can be as simple or as complex as you want. For beginners, the process starts by downloading a geocaching app or visiting a geocaching website where you can browse thousands of cache locations nearby. After selecting a cache, you set off on your adventure, using the provided coordinates to guide you. Once you arrive at the location, the real challenge begins. Caches can be cleverly hidden in plain sight, camouflaged within their environment, or concealed in creative ways that make finding them a rewarding dilemma. Some caches may require more than just GPS guidance; they may involve deciphering clues or completing a multi-step puzzle to find the final hiding place. Others are simply meant to be fun and easy to find, making them accessible for families, children, or those just starting.

Once the cache is found, you sign the logbook, log your find online, and often take a small item as a keepsake, replacing it with something of your own for the next adventurer to discover. Before heading out for a geocaching day, I take my kids shopping for the items they’d like to leave in a cache (matchbox cars for my youngest and crocheted earrings from my oldest, most often).

Bowness, with its mix of old buildings and newly revitalized areas, offers ample opportunity for creative urban hides. You could be walking down Bowness Road, and

a busy street corner or seemingly ordinary public bench might be hiding a cleverly placed microcache that blends seamlessly into the surroundings. Geocaches are often ingeniously disguised to look like everyday objects. A magnetized cache disguised as a bolt on a street sign or a small container hidden in the structure of a bus stop may drive you crazy trying to find it!

Bowness is a community rich in history and culture, which often serves as inspiration for geocachers looking to create more interactive or involved experiences. In addition to traditional microcaches, Bowness is home to several puzzle caches that test not only your ability to find the cache but also to solve clues and riddles to unlock its location. These puzzle caches engage geocachers with the local history of the area, often incorporating significant landmarks or lesser-known historical tidbits about Bowness into the clues. For example, you might begin your adventure near Bowness Park, before solving a series of clues that lead you through various sites, each connected to the neighbourhood’s history.

What sets Bowness apart from other urban geocaching spots is its integration of urban and natural landscapes. This allows geocachers to experience two types of treasure hunting in one area. You could start your day with urban caches hidden around the streets and shops near Bowness Road, then transition to a more peaceful environment by hunting for caches hidden in the greenery of Bowness Park.

One of the aspects that make geocaching in Bowness so special is the sense of community it fosters. The local geocaching community is active, regularly hiding new caches, organizing events, and sharing tips through online forums. Whether you’re new to geocaching or an experienced adventurer, Bowness provides an inclusive environment where participants often collaborate, share their experiences, and challenge one another with innovative hides.

Geocaching is an exciting, low-cost, and interactive way to explore new places or your own backyard. It has a perfect blend of outdoor physical activity, mental engagement, and technological interaction, all while connecting you with a global community of fellow geocachers. And best of all, Bowness is a perfect place for novice and seasoned geocachers to venture on an urban treasure hunt.



A circular, black and white portrait of a middle-aged man with short, dark hair, wearing glasses and a collared shirt. He is smiling broadly, showing his teeth. The background is a textured, slightly mottled grey.

The BCA does a fabulous job of coordinating and networking opportunities for Bownesians to connect. Kudos to the staff for all they do to be a hub of information and opportunities. We are a privileged community.



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TIFALA AND CAMERON

By Gideon Mentie

"I moved to Bowness almost six years ago from Montana," says Tifala. "And I moved here in 2019 to be with Cameron," she says as she smiles over at him. "We got engaged that year and married last year. Time sure has flown by, but I love this city and my community."

Cameron nods in agreement, "I moved to Bowness eight years ago, and it's always been great. But it really began to feel like home once Tif moved here."

"What I love about Bowness is that it still feels like a small town," he adds. "From our house, we can walk to our friends' places, the parks, the annual Stampede Parade, and local shops."

"There's so much to love here," Tifala jumps in. "But if I had to pick one thing then it'd be the location—so close to the river, tons of parks, and we are still only a 15-minute drive to downtown," she says. "And it's also so convenient to be close to the edge of the city so we can get to the mountains quickly!"

"I'm very excited about Bowness shaping up so nicely,"

says Tif. "But I'd be pretty sad if it loses its small-town feel." It's a sentiment that Cameron shares. "It's been exciting to see so many new businesses in the neighborhood, like the board game shop and the new brewery. There's been so much change, and I can't wait to see what our neighborhood will be like in another eight years," Cameron adds enthusiastically.

Sitting next to Tif is Cece, their beautiful four-year-old dog. So of course I have to ask about her thoughts on the neighborhood.

"Cece has lived here in Bowness since she was a baby," says Tif as she laughs. Cece wags her tail and almost like she knows what we are talking about. "Her favorite parts of the neighborhood are all the squirrels, bunnies, and birds to chase," adds Cam as he scratches her behind the ears. "She also loves meeting all the other friendly neighborhood dogs and getting to play with all our great friends in the area."

And when I ask what Cece hopes for the future of the neighborhood, Tif smiles and says "She definitely wants there to be more dog parks and pretty places to go with lots of fun things to do and treats to eat!"

Faces of Bowness is a portrait series highlighting the great people of Bowness. We aim to publish weekly short-form interviews on our social media feeds, as well as longer interviews like this one in every edition of the Bowest'ner.

To nominate yourself or a friend for a feature, or to get involved in conducting interviews, email: communications@mybowness.com

THE BOWTANICAL GARDEN

MICROGREENS, AN EASY TO GROW INDOOR CROP
BY BEVERLEY SHERIDAN



I cut the last of my lettuce crop this week, the beans are done, and all the tomatoes will be picked in the next few days. Another gardening season is ending, and sadly I will soon be forced to shop at the supermarket for fresh produce — at supermarket prices! Last year after reading an article in a gardening magazine, I tried for the first time growing microgreens indoors during the winter months. They proved to be quick and easy to grow, and are packed with up to 40 times the nutrient value of their mature counterparts. Eating microgreens is a great way to increase your vitamin intake, particularly during the winter months when quality fresh produce is scarce and more expensive. Most importantly, they are delicious and can be eaten as is, tossed in a salad, or used as a garnish on meat or other vegetables, or on sandwiches.

Microgreens are the edible stems and leaves of vegetables and herbs collected at the very beginning of the plant's life cycle, just after the seed has germinated. That means it only takes days instead of weeks or months to get your harvest. Depending on the type of seed you choose to use, you will get a fresh, tasty addition to the menu in as little as six to eight days. Another plus of microgreens is that growing them does not require a lot of space. You can grow them on a sunny kitchen window or under an inexpensive fluorescent shop light.

If you would like to give microgreens a try, you will need to collect a few basic items, most of which you may already own, or can be purchased inexpensively at the local dollar store. Unlike sprouts, which you germinate in water, microgreens are grown in soil in small trays. As I have lots of pots and trays courtesy of my outside gardening efforts, I used shallow trays, 4-inch pots and cell packs that I set in a larger flat plastic nursery tray. This makes moving and caring for the germinating plants very easy. You can also use things such as small yogurt cups, well washed plastic meat trays, or even egg cartons. Ensure you cut holes in the bottoms, then set these into a baking dish or other low form container. You will also need a bag of potting mix and a spray bottle.

Seed selection is the fun part of microgreens, as you can experiment with a large variety of seed types (packets of which are inexpensive to purchase at the local DIY store, nursery, or seed exchange). One package of seeds will produce many trays of microgreens. Some suggestions are arugula, bok choy, kale, mustard, broccoli, peas, cilantro, chard, sunflower. Experiment with your seed choices until you find the types of microgreens that suit your taste. It was suggested in my reading, and proved to be correct, that many seeds will germinate more quickly if they are soaked in a small jar for 24 hours before planting.

Once you have your soaked seeds ready, add enough water to your potting soil so that it forms a firm ball. Place it in your container and tamp down lightly to about an inch from the top. Spread your microgreen seeds liberally over the entire surface, and gently spray the surface so that the seed sticks to the soil. Do not cover the seeds with soil, as you want to make sure your greens are clean when they are harvested. Germination works best if the seeds are kept in the dark for the first few days. I use an overturned nursery tray, but a cardboard box works just as well. Make sure to check your seeds daily and spray them gently if it appears the surface moisture is disappearing. As soon as your seeds start to sprout, remove your cover and move them to a sunny location or under a grow light. If you are using a windowsill, make sure to rotate your containers as the seedlings will tend to lean toward the light as they grow. Add water to the under tray on a regular basis, as this will wick up through the potting soil keeping everything moist while preventing any mold forming on the plants or soil surface.

Again, depending on the species you have chosen, your microgreen harvest will be ready sometime between six days to a couple of weeks. Harvesting is easy — just take a clean pair of kitchen shears and cut your greens, leaving the soil and lower section of the stem in place. The only downside of microgreens is that it is a once and done crop as you have extracted all the growth energy from the seeds after harvest. However, you can scrape the soil surface to remove the spent seed remnants, and reuse your soil several times.

Finally, and most importantly, enjoy your harvest!

...continued from page 22

Beyond what the BCA provides are many ways each of us can contribute to making 'community' work. Here's some of my thoughts:

- Find and do something that will bring you joy. Fill your tank and satisfy your interests and desires by leaning into what you love. Participate for the pure joy and fun of it. Your joy will be infectious among the community!
- Be involved in something that benefits others. Volunteer on a committee or at an event. Walk across the street to lend a hand to a neighbour. Arrange a neighbourhood BBQ or Christmas party. Organize a common interest group.
- According to the Canadian Mental Health Association, volunteering can benefit our well-being in the following ways:
 - It creates community and belonging.
 - It makes us happier in the now and gives us hope for the future.
 - It can support an external focus and increase our sense of agency.
 - It builds "hard" and "soft" skills.
 - It can be a good transition, or gentle re-entry, for those who have been out of the workplace for a while.
 - It offers opportunities for reinforcement and appreciation from others.
 - It contributes to a sense of purpose and meaning.
- Handle the differences among us with grace and respect. Wherever there are people, there are differences! We each hold distinct values, preferences and opinions on many things. Think about current 'big issue' examples such as how zoning and development impacts our community, or how we handle the implications of economic disparity in Bowness. Then there's the myriad smaller things like a noisy neighbour or someone not shovelling their walk. As members of a community of diverse people, it's inevitable that at times we will find ourselves in disagreement. So, how can we get to a solution?
 - First, know that a strong opinion is most often rooted in a value held by the other person/party. Thus, they are expressing more than an 'opinion'. Behind it is something important to them. That leads to the next point...
 - Choose to first understand before trying to be understood. Ask questions about why that thing is important to the person. That helps you know how to then respond with your thoughts.
 - Demonstrate respect in what you say and how you say it. Volume, anger and denigration may satisfy ego, but it serves only to shut down any possibility of getting to a solution.
 - Acknowledge that sometimes the solution won't satisfy you. You may have to compromise or defer. Yet know that if you have chosen to engage well, you have the best chance of contributing to a solution to the change you want to see happen.

I love the diversity of Bowness. We are funky, unique, beautiful and filled with variety. We also have many types of change pressing in on us. "The times, they are a changin'" is true, but we can all be engaged as a community with how that change is going to happen. Thanks to all who press in with their efforts and opinions to make Bowness a community that cares for its people and environment. You are creating a place of belonging and connectedness.

Whether your participation is 'seen' or is behind the 'scenes', you are building a vibrant and caring community – an oasis in a sea.

- Harv Matchullis



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